



Try It Free Week!

Try it before you buy it.

Fort Langley & Walnut Grove Neighbourhoods

Programs are free but registration is recommended to ensure your spot. Call any community recreation centre or visit RecExpress.ca for information or to register today!

Legend

Riverside Room 9277 Glover Road
Walnut Grove Community Centre 8889 Walnut Grove Drive
West Langley Hall 9400—208 St (West Langley Park Entrance)

Saturday January 6	Sunday January 7	Monday January 8	Tuesday January 9	Wednesday January 10	Thursday January 11	Friday January 12
Craft 'n' Play 2 - 5yrs 9:15 - 10:45am		Ready, Set, Preschool! 2 - 3yrs 9:00 - 10:00am	Express Water Robics 13+yrs 7:45 - 8:30am	Tot Ballet 3 - 5yrs 10:30 - 11:15am	Yoga for Athletes 16+yrs 7:30 - 8:30am	
Water Robics 13+yrs 8:15 - 9:15am	Active Start Multi-Sport 3 - 4yrs 11:20am - 12:05pm	Tot Ballet 3 - 5yrs 10:30 - 11:15am		Fairy Tale Ball 2 - 3yrs 11:30am - 12:00pm	AquaFit 45 13+yrs 1:00 - 1:45pm	
	FUNdamental Multi-Sport Gr.K - 1 12:15 - 1:00pm	Restorative Yoga 19+yrs 11:30am - 12:30pm	Chair Yoga 19+yrs 10:00 - 10:45am		Seniors Cycle 19+yrs 3:00 - 3:45pm	Fitness for You Adult & Child 10:30 - 11:15am
			Yoga for Mom & Me 16+yrs 11:00 - 11:45am	Bootcamp for Beginners (16+yrs) 6:15 - 7:15pm		Aerobics for Beginners 16+yrs 12:00 - 12:45pm
			Urban Dance 9 - 16 yrs. 3:30 - 5:00pm			
	STRONG by Zumba® 16+yrs 6:00 - 7:00pm		Yoga Ongoing 16+yrs 6:00 - 7:00pm	ABT 16+yrs 7:25 - 8:25pm	Family Yoga Adult & Child (6+yrs) 6:45 - 7:30pm	
		Deep Water Aquafit 13+yrs 7:15 - 8:15pm	Aqua-bata 13+yrs 7:15 - 8:15pm	Deep Water Combo 13+yrs 7:15 - 8:15pm		
				Balance to Victory 16+yrs 7:40 - 8:25pm		